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THE  
TRUE METHOD OF RECITING  
THE  
ROSARY  
OF THE  
SEVEN DOLOURS,  
AS PRACTISED IN THE CHURCHES OF THE  
SERVITE FATHERS,  
WITH  
THE INDULGENCES.



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## P R E F A C E .

The Rosary of the Seven Dolours of our B. Lady was instituted by the Seven BB. Founders of the Servants of Mary.

The B. Virgin herself appeared to them in Florence on the year 1233, and again at Mount Senario, on the night of Good Friday in 1239, when she gave them the Black Habit in memory of Her Sorrows. She appointed them expressly to propagate devotion and compassion to these sorrows all over the world. To this devotion the Seven BB. Founders gave form and extension by command of our B. Lady, who loves above all things to be compassionated in Her grief.

# METHOD OF RECITING

## THE

### Rosary of the Seven Dolours.

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#### ACT OF CONTRITION,

WHICH MAY BE SAID BEFORE BEGINNING THE ROSARY.

O my Lord, who alone art most worthy of my love, behold me standing before Thy Divine Presence all in confusion at the thought of the many grievous injuries I have done Thee. I ask pardon for them with my whole heart, repenting of them purely for love of Thee, and hating and loathing them above every other evil in this life, when I think of Thy infinite goodness. As I would rather have died a thousand times than have offended Thee, so now I am firmly resolved to lose my life rather than offend Thee again. My Crucified Jesus, I firmly propose to cleanse my soul as soon as possible by Thy Most Precious Blood in the Sacrament of Penance. And Thou, most tender Virgin, Mother of Mercy and Refuge of Sinners, do Thou obtain for me the pardon of all my sins by virtue of Thy bitter pains ; whilst praying according to the mind of so many holy Pontiffs in order to obtain the indulgences

granted to this Thy holy Rosary, I hope thereby to obtain remission of all punishment due to my sins.

**Come, O Holy Spirit, fill the hearts of Thy people and kindle in them the fire of Thy love.**

**W. Send forth Thy Spirit and they shall be created.**

**R. And Thou shalt renew the face of the earth.**

**W. Remember this Thy Congregation.**

**R. Which has been Thine from the beginning.**

**W. O Lord, hear my prayer.**

**R. And let my cry come unto Thee.**

**Veni, Sancte Spiritus, reple tuorum corda fidelium, et tui amoris in eis ignem accende.**

**V. Emitte Spiritum Tuum et creabuntur.**

**R. Et renovabis faciem terræ.**

**V. Memento Congregationis tuæ.**

**R. Quam possedisti ab initio.**

**V. Domine exaudi orationem meam.**

**R. Et clamor meus ad te veniat.**

**Let us pray.**

**Oremus.**

**Enlighten our minds, we beseech Thee, oh Lord, with the light of Thy brightness, that we may see what we ought to do, and be able to do what is right, through Jesus Christ, our Lord. Amen.**

**Mentes nostras quæsumus Domine, lumine tuæ claritatis illustra ; ut videre possimus quæ agenda sunt, et quæ recta sunt agere valeamus. Per Christum Dominum Nostrum. R. Amen.**

I. Let us meditate with deep humility on the *First Sorrow*, when Mary, Virgin, Mother of my God, presented Jesus, her only Son, in the Temple, laid Him in the arms of holy Simeon and heard his prophetic words:—"This One shall be a sword of pain to pierce thine own heart," foretelling thereby the Passion and Death of her Son, Jesus.

*One Pater Noster and Seven Ave Maria's.*

II. The *Second Sorrow* of the Blessed Virgin was when she was obliged to fly into Egypt, by reason of the persecution of cruel Herod, who impiously sought to slay her well-beloved Son.

*One Pater Noster and Seven Ave Maria's.*

III. The *Third Sorrow* of the Blessed Virgin was when, after having gone up to Jerusalem at the Paschal Feast with Joseph, her spouse, and her beloved Son Jesus, she lost Him on the journey, and for three days bewailed the loss of her sole beloved One.

*One Pater Noster and Seven Ave Maria's.*

IV.—The *Fourth Sorrow* of the Blessed

Virgin was when she met her dear Son Jesus, carrying on his bruised shoulders the heavy cross whereon He was to be crucified for our salvation.

*One Pater Noster and Seven Ave Maria's.*

V. The *Fifth* Sorrow of the Blessed Virgin was when she saw her Son Jesus raised upon the hard wood of the cross, with the Precious Blood pouring forth from every part of His Sacred Body ; and after three long hours' agony she beheld him die.

*One Pater Noster and Seven Ave Maria's.*

VI. The *Sixth* Sorrow of the Blessed Virgin was when she saw the Sacred side of Jesus pierced with a lance, and when taken down from the cross she received His Holy Body laid upon her purest bosom.

*One Pater Noster and Seven Ave Maria's.*

VII. The *Seventh* and last Sorrow of the Blessed Virgin, the Queen and advocate of us miserable sinners, her servants, was when she accompanied the Sacred Body of her Son to the Sepulchre.

*One Pater Noster and Seven Ave Maria's.*

Let us say three Ave Maria's in honour of the



tears which Mary shed in her Sorrows, that we may obtain a true Sorrow for our sins, and the holy Indulgences attached to this pious exercise.

*Stabat Mater,*

TO BE SAID AFTER THE ROSARY.

FIRST PART.

*Sunday, Monday and Thursday.*

Stabat Mater dolorosa	At the cross her station
Juxta crucem lacrymosa	keeping,
Dum pendebat Filius.	Stood the mournful Mother
Stabat, etc.	weeping,
	Close to Jesus to the last.
Cujus animam gementem,	Through her heart his sorrow sharing,
Contristatam, et dolentem,	All his bitter anguish bearing
Pertransivit gladius.	Now at length the sword
Stabat.	had pass'd.
O quam tristis, et afflicta	Oh! how sad and sore
	distressed
Fuit illa benedicta	Was that Mother highly
Mater unigeniti!	blest
Stabat.	Of the sole begotten One!
Quae moerebat et dolēbat,	Christ above in torment
Pia Mater, dum videbat	hangs;
	She beneath beholds the
	pangs
Nati poenas inclyti.	Of her dying glorious Son,
Stabat.	

Quis est homo, qui non fieret,	Is there one who would not weep,
Matrem Christi si vi- deret	Whelm'd in miseries so deep
In tanto supplicio ?	Christ's dear Mother to be- hold ?
Stabat.	
Quis non posset contris- tari,	Can the human heart refrain
Matrem Christi contem- plari	From partaking in her pain
Dolentem cum filio ?	In that Mother's pain un- told ?
Stabat.	
Pro peccatis suae gentis	Bruised, derided, curs'd, defiled,
Vidit Jesum in tormen- tis,	She beheld her tender Child
Et flagellis subditum.	All with bloody scourges rent ;
Stabat.	
Quando corpus morie- tur,	While my body here decays
Fac, ut animae donetur	May my soul Thy goodness praise,
Paradisi gloria,	Safe in Paradise with Thee.
Stabat,	Amen.

## SECOND PART.

*For Tuesday and Friday.*

Stabat Mater, etc.	At the cross, &c.
Stabat.	

Vidit suum dulcem na- tum	For the sins of his own nation,
Moriendo, desolatum,	Saw Him hang in desolation
Dum emisit spiritum.	Till His Spirit forth He sent.

Stabat.

Eja mater, fons amori.	O thou Mother! fount of love
Me sentire vim doloris	Touch my spirit from above
Fac, ut tecum lu- geam.	Make my heart with thine accord.

Stabat.

Fac, ut ardeat cor meum	Make me feel as thou hast felt,
In amando Christum Deum,	Make my soul to grow and melt
Ut sibi complaceam.	With the love of Christ my Lord.

Stabat.

Sancta Mater, istud agas,	Holy Mother, pierce me through;
Crucifixi fige plagas	In my heart each wound renew
Cordi meo valide.	Of my Saviour crucified:

Stabat.

Tui nati vulnerati,	Let me share with thee His pain,
Tum dignati pro me pati	Who for all my sins was slain,
Poenas mecum divide	Who for me in torments died.

Stabat.

Fac me tecum pie flere,	Let me mingle tears with thee,
Crucifixo condolere,	Mourning him whom mourn'd for me,
Donec egovixero. Stabat.	All the days that I may live.
Quando corpus morietur,	While my body here decays,
&c.	&c.
Stabat.	

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### THIRD PART.

*For Wednesday and Saturday.*

Stabat Mater, &c.	At the cross, &c.
Juxta crucem tecum stare	By the Cross with thee to stay;
Et me tibi sociare,	There with thee to weep and pray;
In planctu desidero.	Is all I ask of thee to give.
Stabat.	
Virgo virginum præclara,	Virgin of all virgins best!
Mihi jam non sis amara:	Listen to my fond request,
Fac me tecum plan- gere.	Let me share thy grief di- vine;
Stabat.	
Fac ut portem Christi mortem	Let me, to my latest breath,
Passionis fac consortem	In my body bear the death
Et plagas recolorere.	Of that dying Son of thine.
Stabat.	

Fac me plagis vulne-	Wounded with his every
rari,	wound.
Fac me cruce inebri-	Steep my soul till it hath
ari,	swoon'd
Et cruore Filii;	In His very blood away,
Stabat.	

Flammis ne urar suc-	Be to me, O Virgin, nigh,
census,	

Per te, Virgo, sim de-	Lest in flames I burn and
fensus,	die,
In die judicii.	In His awful Judgment day.
Stabat.	

Christe, cum sit hinc	Christ, when Thou shalt call
exire,	me hence,
Da per matrem me	Be Thy Mother my de-
venire	fence,
Ad palmam victoriae.	Be Thy Cross my victory:
Stabat.	

Quando corpus mo-	While my body here decays
rietur, &c.	&c.
Stabat.	

V. Ora pro nobis, Virgo	Pray for us most sorrow-
Dolorosissima.	ful Virgin.

R. Ut digni efficiamur	That we may be made
promissionibus Christi.	worthy of the promises of
	Christ,

Oremus.

Let us pray.

<p>Interveniat pro nobis, quaesumus, Domine Jesu Christe, nunc et in hora mortis nostrae apud tuam clementiam Beata Virgo Maria Mater tua, cujus sacratissimam animam in hora tuae passionis Doloris gladius pertransivit: Per te, Jesu Christe, Salvator mundi, qui cum Patre, et Spiritu Sancto vivis, et regnas in saecula saeculorum.</p> <p><i>R. Amen.</i></p>	<p>Grant, we beseech Thee, O Lord Jesus Christ, that the Blessed Virgin Mary Thy Mother, may intercede for us before the Throne of Thy Mercy, now and at the hour of our death, through whose most holy soul in the hour of Thine own Passion the sword of sorrow passed. Through Thee, Jesus Christ, Saviour of the world, who liveth and reigneth with the Father and the Holy Ghost for ever and ever. Amen.</p>
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Let us say one *Pater, Ave*, and *Gloria* in honour of the Seven Blessed Founders that they, having first instituted this devotion so pleasing to the Blessed Virgin Mary, may be our powerful intercessors with her.

Let us say a *Salve Regina* for our benefactors living and dead, and for all who habitually practise this devotion.

Lastly, let us invoke our Lady of Sorrows, praying for the Sovereign Pontiff, the wants of

Holy Church, and for all our necessities, spiritual and temporal.

*Say three times*

V. Virgo dolorosissima, Virgin most sorrowful, pray  
ora pro nobis. for us

V. Nos cum prole pia. Us and all our race.

R. Benedicat dolorosa Virgo Do thou bless, O sorrow-  
Maria. ful Virgin Mary,

### PRAYER TO OUR LADY OF SORROWS.

Oh! Mother of Sorrows, given from the Cross to be our Mother, who didst behold the red drops of the Precious Blood falling down to the ground, remember the sorrows which then overwhelmed thee like the waves of the sea, and which no other creature but thyself ever suffered on earth. Now that it is well with thee, and thou hast entered into thy joy, sitting at the Right Hand of thy Son for evermore, remember to intercede for us, thy sorrowful children, still wandering to and fro in this valley of tears.

Oh! Mother of Sorrows, plead for us to the Father, intercede for us to the Son, pray for us to the Holy Ghost, that after this our penance is over, we may behold the face of thy Divine Son, and dwell with Him for ever in eternal joy.

**INDULGENCES GRANTED BY THE SOVEREIGN PONTIFFS TO THOSE WHO RECITE THE ROSARY OF SEVEN DOLOURS.**

1.—An Indulgence of 200 days for every *Our Father* and *Hail Mary* said upon the blessed Rosaries in any Church of the Order of the Servants of Mary.

2.—The same Indulgence for reciting the Rosary in any place on Fridays, on the principal Feasts of the Dolours, during their Octaves, and on all the days in Lent.

3.—An Indulgence of 100 days, when recited out of the Church, and on any day of the year.

4.—An Indulgence of 7 years and 7 quarentaines for reciting it entirely.

5.—An Indulgence of 100 years for reciting it after Confession, or having the intention to go to Confession.

6.—An Indulgence of 150 years for reciting it on Mondays, Wednesdays, or Fridays, and on all holidays of obligation.



7.—A plenary Indulgence for reciting it 4 times a week, to be gained on any day of the year, reciting it again on that day after Confession and Communion.

8.—A plenary Indulgence for reciting it during one month, to be gained after Confession and Communion.

9.—An Indulgence of 200 years for reciting this Rosary after Confession.

10.—All these Indulgences may be applied to the souls in Purgatory, provided the intention be formed of gaining them for the holy souls.

11.—An Indulgence of 300 days, once a day, for reciting the *Hail Mary* 7 times with the verse, *Sancta Mater, or, Holy Mother, pierce me through.*

12.—A plenary Indulgence on the usual conditions for such as shall practise this devotion for a month.

